

Community  
Service

Retire to  
N. Carolina

Small  
Business

- Make a Transition Plan and Time-Line
- Vacation where you think you want to live for more extended periods of time
- Research and interview people who are doing things you think you would like to do next
- Volunteer a few hours a week doing something you love to do
  - Chamber of Commerce
  - Hospital
  - Nursing home
  - Schools
  - Non-Profits
  - Community Sports
  - Be a mentor – teach what you know
- Start your own business part-time
- Build a new support structure
  - Professional organizations
  - Form your own group
- Start going on-line and reading ads in paper to become familiar with work you might want to do and organizations you like
- Network – let everyone you know in on what you want to do next

### 3 Preparing & Rehearsing

- Vision for My Future
- ID Values to Guide Decisions
- Know what motivates me
- ID What I Love to Do
- ID How I want to spend my time
- Decide Work/Life Balance
- Define income I want/need
- My Ideal Work/Home Environment

### 2 Redefining Myself

- My Role, Title
- My NIH Identity
- My day-day relationships
- My routine and schedule
- My sense of security
- Recognition
- Contribution

### 1 Letting Go